

honorable jokes a period of brief repose in which to recuperate their wasted energies.

The "Literary Gossip" will not be a reprint of notes published in other periodicals, but will consist of fresh matter, from trustworthy sources, and so far as is possible, of things which we do know and have seen.

STUDENTS IN GYMNASIUM.

By permission from the faculty I have taken and kept a record of the height, weight, and lung capacity of the boys and girls in the Adelphi Academy. The object being two-fold: first, to find the growth of the children with their average height, weight, and lung capacity; second, to compare the figures obtained with those furnished by American and English authorities on the growth of children; to ascertain in what respect the daily calisthenic and gymnastic drill, which has been used in the Academy for a number of years, has affected their growth. The few figures given below show the results. I am indebted to Dr. H. P. Bowditch, of Boston, the chief American authority on the growth of children, for the statistics he has kindly furnished me, also to Dr. Geo. Peckham, of Milwaukee, Wis. Robert Fletcher, M.R.C.S.E., of Washington, D. C., has given valuable suggestions, and the figures given by C. Roberts, F.R.C.S., have been of great service as means of comparison. The work of tabulation has been done by H. S. Anderson, a competent accountant, instructor of Physical training at the Garden City Cathedral school, and assistant at the academy. On account of the very limited space, many valuable parts

have to be omitted, but I am under obligations to the editors of the ADELPHIAN for their generosity in printing this part of the report.

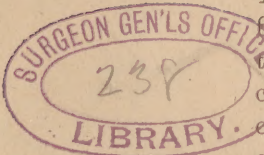
On account of the few scholars measured (about 1,000), the value of this report is impaired, but even this poor and incomplete attempt will prove that physical training is of great importance in the education of children.

The statistics show the height, weight and lung capacity of the boys and girls of the Adelphi Academy, Brooklyn, N. Y., compared with those of the boys and girls of the public schools of Boston and the same of the public schools of England.

Comparison of the measurements of the Academy boys with those of English boys:

	Age.	Weight.	Height.
Academy boys.....	11	72.00	55.78
English ".....	11	69.46	51.52
		2.54	4.26
Academy boys.....	12	81.10	56.42
English ".....	12	73.68	52.99
		7.42	3.43
Academy boys.....	13	88.90	59.28
English ".....	13	78.72	55.93
		10.63	3.25
Academy boys.....	14	102.38	61.02
English ".....	14	84.61	57.76
		17.77	3.26
Academy boys.....	15	102.08	64.72
English ".....	15	96.79	60.58
		5.29	4.14
Academy boys.....	16	121.16	66.70
English ".....	16	108.70	62.93
		12.90	3.77

Comparison of statistics of the Academy girls with those of the Boston girls:



	Age.	Weight.	Height.
Academy girls.....	11	77.88	55.65
Boston ".....	11	68.48	53.42
		9.40	2.23
Academy girls.....	12	81.60	56.84
Boston ".....	12	78.31	55.88
		3.29	0.96
Academy girls.....	13	97.68	58.74
Boston ".....	13	88.65	58.16
		9.03	0.58
Academy girls.....	14	101.60	61.53
Boston ".....	14	98.43	59.94
		3.17	1.59
Academy girls.....	15	108.10	62.29
Boston ".....	15	106.00	61.10
		2.10	1.19

The above figures show the advantage to be on the side of the scholars in the Academy, and are the result of systematic training in calisthenics and gymnastics.

(Statistics of Boston scholars kindly furnished by Dr. H. P. Bowditch.)

English statistics see C. Roberts' Manual of Anthropometry.

Showing the average annual growth of the Adelphi boys who have taken daily exercise in the gymnasium as compared with that of the English boys:

HEIGHT.					
	11	12	13	14	15
Academy boys.....	1.76	2.88	2.96	3.02	3.20
English ".....	1.51	2.06	1.82	2.32	2.36
	.25	.82	1.14	.70	.84
WEIGHT.					
	11	12	13	14	15
Academy boys.....	5.76	8.11	8.74	11.01	11.90
English ".....	5.50	7.39	8.27	10.61	11.21
	.26	.72	.47	.40	.69

Showing the average annual increase in height and weight of Academy girls who have taken daily exercise in the

gymnasium as compared with those of the Boston girls:

HEIGHT.					
	11	12	13	14	15
Academy girls.....	2.20	2.96	3.00	2.04	1.64
English ".....	2.08	2.40	2.26	1.78	1.16
	.12	.56	.74	.36	.48
WEIGHT.					
	11	12	13	14	15
Academy girls.....	7.35	10.20	11.25	10.04	8.96
English ".....	6.49	9.47	10.34	9.78	7.65
	.76	.73	.91	.26	1.31

AVERAGE LUNG CAPACITY OF GIRLS.

Height. Inches.	Cubic Inches. Average Jan. 1st.	Cubic Inches. Average May 1st.
51	116.50	135.
52	85.	90.
53	95.33	97.50
54	105.55	113.
55	121.50	141.25
56	126.	150.
57	106.	136.25
58	111.10	128.22
59	116.38	129.50
60	129.18	133.30
61	127.16	147.25
62	131.20	146.44
63	141.71	153.70
64	144.	145.66
65	148.	180.
66	110.	120.
67	160.	165.

AVERAGE LUNG CAPACITY OF BOYS.

Height. Inches.	Cubic Inches. Average Jan. 1st.	Cubic Inches. Average May 1st.
51	105.	115.
52	109.50	110.
53	107.14	111.
54	103.83	135.
55	104.87	133.80
56	115.25	122.
57	121.50	129.
58	133.18	152.40
59	135.41	149.16
60	152.	166.
61	156.82	173.75
62	155.	172.50
63	181.50	194.40
64	188.20	215.66
65	168.80	176.
66	190.	195.
67	176.	220.

W. G. ANDERSON,
Instructor in Physical Training.